Natural Rearing Newsletter ©

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FOR BREEDERS THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

A heartfelt thank you to all the wonderful breeders that have contacted me over the last few years, for sharing our mutual interest in natural care for our animal friends.

It is your dedication and enthusiasm that has provided me with the inspiration to finally put together this much requested newsletter as a platform for you and I to pass along what we have learned.

In this and future issues we will try to bring you a broad range of information with practical applications that actually work. We will provide space for questions and answers, breeder experiences, common and not so common problems and suggested solutions.

Keep an open mind but not so open that your brains fall out. Learn to question the "authorities" on any subject that simply doesn't make sense to you --or that you can see is simply not working.--or worst of all, seems to be causing more harm than good. When you do find solutions, be they "orthodox" or not, don't be afraid to share the information with others.

In the past, the various articles I have written have attempted to point out just some of the many things we can do to ensure the health of our dogs. Space has always restricted the amount of detail that could be provided. This newsletter provides the opportunity to fill you in on some of the background to subjects I have talked about and to give you many good "common sense" reasons to learn more about the many alternatives that are open to us---when we know where to look!

A decade ago I could never admit to anyone the "traditional" methods I was following with my Basset Hounds. No one would have sold me a puppy! Happily, times change.

Now let's get on with the good stuff !!

MY DOG IS HEALTHY EXCEPT FOR..

It always amazes me to hear the variety of definitions that people have of just what a "healthy" dog is. I cringe when I hear comments like:

.....he's on thyroid medication--but he's healthy
.....the coat is a little thin--but he's healthy
.....she cycles irregularly--but she's healthy
.....she's very healthy--she doesn't have any energy
.....he has a flea allergy--but (you guessed it)
HE'S HEALTHY !!

True health comes from within. By the time a problem manifests itself as an external symptom, you can be sure that the body's' natural immune system has been affected by something and is trying to send a message for help in the only way it can. Suppressing the symptom with fast acting drugs does not constitute a cure.

Old Mother Nature built into every living creature a potent system of defense against unwelcome intruders into the body. Holistic practitioners over the centuries of time have handed down a label for this as "The Vital Force". Call it what you will but take the time to understand how it operates.

When there are toxins in the body, the Vital Force will try to eliminate them in the most direct fashion. This process of elimination is often seen as a "skin problem" or an "ear problem". Usually occurring somewhere on the external extremities of the body.

When antibiotics or prednisone is administered these "symptoms" are perceived to be "relieved".

Question: What happens to the toxins the body was trying to get rid of in the first place?

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Answer: The drugs push down or suppress the Vital Force so that it stops trying to "clean house". In other words, it shuts down the process of elimination of toxins. It allows toxins to again build up harmful accumulations. This usually becomes a temporary condition.

When the body is feeling "well" again (i.e. after the drugs are out of the system and the body has regained a functioning balance) the Vital Force will again attempt to do its job. This could be days, months or even years later--depending on how long the drugs stayed in the system. Again we will see the external manifestations repeat themselves in the extremities and likely it will be regarded as a "new" occurrence of the previous problem. If we again start shoving drugs into the system to "cure" the problem we create a vicious cycle.

Sooner or later the Vital Force is going to change its method, and will try another way to do its job. If you keep on blocking the attempt to externally eliminate the toxins the only choice you have left it is to try to get rid of them through the internal organs. The more suppression, the worse the circle of chronic disease until finally the body can no longer continue to fight.

If you think it can't happen to you let me tell you about a very sad--but true--recent occurrence that probably could have been prevented IF ONLY the breeder had understood what was happening.

The case involves a bitch that had an ear infection problem since puppyhood. The normal routine of flushing and antibiotics were given. The problem soon manifested itself again (with the same treatment) and turned chronic. Within a few years the bitch was put on Thyroid medication--all the while the owner kept believing the dog was in "good health".

The ears were eventually to become so constantly painful that they turned to surgery. First drainage holes were put in. No luck. Next surgery they removed most of the cartilage (this was considered to be just short of amputating the ears altogether).

Within two months of the last surgery, the owner awoke one morning to find that her girl had become totally septic. Infected pus was everywhere. The kidneys and liver were completely toxic.

She was euthanized at just under 7 years of age!

This story is simply tragic but typifies what drug suppression can do when we continue to treat "symptoms" without understanding what true "health" is all about.

I will be reporting in future issues such topics as diet, vaccines, cancer therapies, new and exciting therapies from both here and abroad, and how to put it all together for the best possible health care for your animals.

DID YOU KNOW

That the vast majority of problems (estimates range as high as 90%) experienced by animal owners can be attributed to the twin nemesis of Diet and Vaccines.

BREWERS YEAST-A DEFINITE NO-NO

Many of you may be noticing the tremendous number of new "natural" supplements being introduced on the market. On the one hand this is good news as it shows a change in attitude towards preventative health care. On the other hand many companies are simply jumping on the bandwagon to make a quick buck. Little , if any, research is being done and the pet industry is notorious for poor (or almost non existent) regulatory enforcement.

The latest gimmick that is being media blitzed is Brewers Yeast.

In the last few months alone I have seen several new supplements containing this as a bragged about "primary ingredient".

Some of these products might actually have merit if the producers would have taken the time to do their homework!!

Brewers Yeast has been around for decades. Basically it is a "waste" product derived from the brewing industry. Although it did serve as a cheap ingredient for pet foods, it took the boys in the advertising department to come up with the idea that its a great cure for ...(fill in most common dog problem)...flea, skin and allergy problems.

The problem I have with all this hype is a few FACTS that seem to have been ignored.

FACT: Dogs can't digest it!

FACT: Most dogs are actually ALLERGIC to it!! A study done over 6 years ago on dogs with skin allergies proved that 9 out of 10 of them were allergic to yeast.

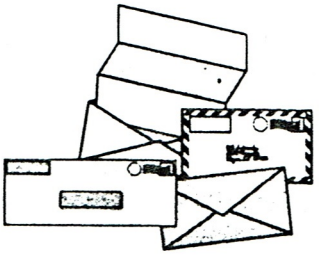
FACT: Master herbalist, Juliette de Bairacli Levy has been warning us against yeast for decades.

Another main concern for me is that Brewers Yeast is high in phosphorous. This causes a calcium deficiency by throwing off the calcium-phosphorous balance within the body.

It isn't hard to imagine where the first publicity reports on the "benefits" of using Brewers Yeast came from. Mind you, the big Dog Food companies, Pharmaceutical companies etc. wouldn't lie to us just to make a profit, would they ?

Keep on thinking for yourself dear friends !!

MAILBOX



(Ed. Note: Policy statement-- I am constantly receiving letters from all over the country. Many of these contain information that should be shared. By the same token I must respect the confidential and sometimes sensitive nature of the breeder to breeder community. Therefore, unless I am given specific permission to identify the writer, I will try my best to keep the source anonymous.)

Dateline July 8, 1994--Wisconsin

Dear Marina

Thought you might like to know how the NR Herbal Compound tablets are working for tick bites (to prevent Lyme Disease) and parasite control.

Giving 2 dogs--Chow Chows--two tablets/day. Started with 3 but they didn't eat them as well until I dropped to 2/day/dog. Chow Chows don't tolerate some things very well and usually a Beagle dose is all they need (especially Anesthesia).

Giving 5 days, off 2 days.

In the past, in this area, the bites have been very deep with heads often imbedded completely even before tick has done much feeding. Usually these bites became infected. Sometimes they would go into a cyst stage and remain for months. This is the experience of 14 years in Wisconsin and includes 2 Labradors and 3 Chows.

Began feeding NR Herbal Compound on 22 April 94. Only 1 bite became infected shortly after beginning doses. That bite quickly compacted. I mean the infection came up fast, isolated itself into a very compact small capsule. It dropped off in about a week. I have NEVER ever seen anything like that in my life.

Any bites received were much less deep. Not nearly as many ticks seemed to feed. Very few found in swollen state. Even swollen ticks had not bitten so deeply and the bites have ALL HEALED in a couple of days compared to 2 weeks for deep bites in the past.

No cysts have appeared. OLD CYSTS from last year have disappeared or are getting substantially smaller.

I even found 5 DEAD ticks on the dogs bodies (after about 4 weeks of using the compound). Lately have found very few ticks on them.

Also if a dog had had Lymes in the past--sometimes a tick bite would bring on the symptoms once more within a few days of a deep bite. Thank God I have seen NO SYMPTOMS of Lymes at all !!!

Boy am I glad!! Every dog of ours has had Lymes since moving here. Even we ourselves and neighbors up and down the road were subject to various forms and symptoms of Lymes. For awhile it was really horrible around here. People gave up going for walks.

I was really scared to tell my vet about the herbs I was using. I don't know him too well as he is new to the area. But when I told him about the Herbal Compound and the results I had , he got very interested and asked many questions & asked for information ! YIPPEE !!!

(Ed. Comments: Congratulations on having the courage to tell your vet what you were doing. If we all did this with just one vet, think of what a difference we could make!! We don't have any particular tick/Lyme problem in our area so thanks for sharing your experience. Your letter did prompt me to include some further information about the NR Herbal Compound in this issue.)

Dateline August 29,1994--California

Dear Marina

Should Homeopathic remedies be stored in the refrigerator ?

Answer:

Homeopathic medicines are actually quite fragile and should be handled and stored carefully if they are to be of value to you over a number of years.

Ideally they should not be refrigerated.

Here are some simple guidelines to follow!

1) Store in a dark cupboard (protect from direct sunlight at all times).
2) Store in a normal temperature range.
3) Keep away from strong smelling substances such as perfumes; disinfectants; polishes; garlic; etc.
4) Best to keep remedies away from electronic equipment such as microwaves; stereos; computers; etc. These items give out electronic impulses which can harm the remedy
5) Keep the lid on the bottle at all times when not in use.

With the exception of a few homeopathic preparations, most remedies when stored properly, will keep for a lifetime. In fact there have been known families of doctors in Germany, India and Switzerland who are 3rd and 4th generation homeopaths who still have remedies prepared by their grandfathers and great-grandfathers--still proven just as effective today as when they were made!

EMERGENCY REMEDIES

Information provided is for educational purposes only and should not be construed as veterinary advise. Professional help should always be sought.

One of the most frequent questions I am asked is "what are some good homeopathic or herbal remedies to have on hand for emergencies or travel purposes"?

As this is such an important subject and there is so much ground to cover, it will be easier (for me) to break them into categories and make this segment of our newsletter an ongoing feature. In this way I can provide the necessary detail to make it easier to know when and why to use each remedy. I couldn't possibly cover everything in one issue! If you want it all in one big gulp, let me know and I will recommend a dozen or so books to read.

In general, it is important to note that Homeopathy gives its most dramatic results when given at the earliest signs of symptoms. No where is this more evident than in dealing with emergencies.

VIRUSES

The first remedy to have on hand to deal with a virus condition is **ACONITUM** (Common name is Markshood).

I use it as a product called ACONITUM HOMACCORD (a BHI formulation from Germany). This particular formula is a balance of multiple potencies, which allows the body to choose which potency is correct for the situation it is fighting.

Aconitum bought over the counter in a health food store is usually too low in potency (as is the case with most remedies) to deal with a virus condition.

ACONITUM is the main fever & viral remedy. If the mere mention of the words Parvo, Distemper or Panleucopaneia (cats) sends an owner running---they should be running straight to this remedy!! When given early enough this remedy has the ability to cut short the development of further symptoms.

I give it when I suspect the dogs are off for any reason. If I see even the slightest indications of anxiousness, shivering, any signs of shock, fever or even a "down" expression, I use it!

The remedy can be repeated up to every 1/2 hour for approx. 6 doses until signs of improvement appear. Then cut the dosage back.

Another remedy that no one should be without is **ECHINACEA.** (Purple Coneflower)

This comes in both herbal and homeopathic forms and there are two main varieties that are most commonly used: ECHINACEA ANGUSTIFOLIA and ECHINACEA PURPUREA.

I personally use the homeopathic BHI Echinacea as it offers the effectiveness of multiple potencies of both the 2 main varieties plus I know that it can be dosed often with complete safety!

ECHINACEA is well known for its ability to stimulate the body's non-specific immune response--thus making it valuable for fevers, inflammatory symptoms , or any septic condition. It is good for any time a boost in the immune system is needed.

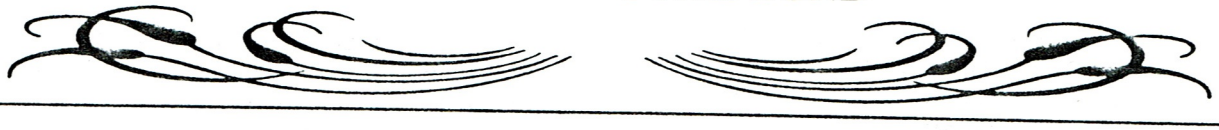
This is one remedy I take personally if I feel any symptoms of a cold or flu coming on. Again let me emphasize to take it at the **1st** signs of symptoms and often (every hour). I will also take the Aconitum if the virus feels strong. By following this regimen without fail, I can't remember the last time I actually caught a cold!! Even if you wake in the middle of the night feeling the start of a sore throat or some such, get out of bed and take the remedies! Its worth it!!!

A word of caution is due here. Echinacea should not be given as a routine daily supplement. The body can grow accustomed to this herb which could diminish its healing powers when they are needed the most.

There are two other combination remedies put out by BHI that I like to have on hand. These are: **Engystol** and **Inflammation.** Both are good for fevers or viral symptoms.

All work well together to help support the body in fighting off a viral intrusion. As with most homeopathic remedies, these can be used at any age and have been particularly useful with weak or failing puppies (especially when combined with the complex "Fading Puppy Remedy").

NR HERBAL COMPOUND



I have repeatedly said that this is one product I simply would not be without. However, as this newsletter is devoted to a "think for yourself" principal, I want to give you some background and details to consider.

A little over 10 years ago, while researching natural rearing, I read "The Complete Herbal Handbook For The Dog and Cat" by Juliette de Bairacli Levy. (First published in 1944). For those of you familiar with her books--'nuf said.

For those of you that have not had the opportunity or time to become familiar with her work let me just say that she is considered to be THE International authority on Herbs for animals. She pioneered such thing as seaweed, raspberry leaf, and has traveled the world gathering herbal formulations that have been handed down for centuries in many different cultures.

Generations of animal lovers have relied on her skillfully blended formulas and natural methods for disease prevention and cure.

Juliette is a breeder of Afghans and guardian to many animals. When I first read her statement "..with pills of this compound I have kept all my animals free from illness such as Rabies, all forms of Cancer including Feline Leukemia.." I could hardly believe it. My questioning mind was ringing alarm bells all over the place---but what if it were true?

I decided to study each ingredient of her NR Herbal Compound to see if the foundation of the formulation made practical sense. For your consideration I offer the following brief summary of my findings on each ingredient.

GARLIC: One of the most powerful and well studied herbs. Russian scientists have acclaimed garlic as an internal purifier of the greatest importance. It is highly antiseptic and works throughout all parts of the body.

It is used in many parts of the world as a **general antibiotic**. It is very effective on the digestive tract by stimulating secretions and gut contractions. Increased bile secretion cleanses the liver and aids in the detoxifying of the entire body.

Garlic also improves the assimilation of vitamin B, which is particularly important to the nervous system. It also helps to increase the blood flow to the tissues, which in turn supplies greater **oxygen** to the cells for the much needed maintenance and repair functions of the body.

SAGE: It's name comes from the Latin 'salvere', ("to be well" & "to save"). A much valued herb for fevers; infection; all gastric problems & flatulence; nerve debility; all heart ailments; obesity; and female ailments.

It is especially good for nursing mothers as it makes the milk refreshing and tonic, while helping to increase the milk yield.

THYME: Another powerful tonic and antiseptic herb. It is used in treatments for all digestive complaints; respiratory problems; nervousness; inflamed or infected uterus; and removal of worms--including hookworm.

It is rich in vitamin A, Zinc, Calcium and Thiamin.

EUCALYPTUS: A reliable medical journal in Europe gives credit to the power of the Eucalyptus tree for destroying and stopping fever plagues in entire communities where the trees grew.

A virtual panacea for illness, it is used in treatments for asthma; bladder; bronchitis; diarrhea; gonorrhea; gout; fevers; kidney disease; all pulmonary ailments including pneumonia; rheumatism; acute or chronic inflammation; spleen; tumors; and worms.

WORMWOOD: Considered to be the most bitter plant in the world. It is written about by the most ancient healers (and confirmed by todays science) that wormwood has many healing properties.

Most notable, digestive disorders; pneûmonia; kidney and bladder; tumors; female problems; diabetes; liver; spleen; fevers; and worms.

RUE: The essential active ingredient of this plant is RUTIN, which posses most potent powers.

These include, strengthening weakened blood vessels; toning the nerves and glands. The herb is highly antiseptic and is an old remedy for prevention and cure of Rabies!

CHARCOAL: Aids in absorbing impurities and toxins from the blood and internal organs.

If you ever burn wood outside, you will notice your own animals and wild life will seek out the charcoal remains.

Do I use it? You bet I do!!!

For stimulating the immune system in general, I give this to all my dogs daily for five days of the week. For the best benefit, the body should be "rested" for a couple days per week from any herbal application.

For therapeutic use or when I feel a dog may be subjected to a "risk" situation (i.e. surgery, etc.) I double up on the dosage. Even if I choose to treat a particular problem with a homeopathic remedy, I still give the NR Herbal Compound at the same time. They can and do work well together.

In previous articles I have mentioned some of the good "side effects" of the blend such as:

- lack of fleas and internal parasites
- increase in general vitality
- benefits to newborns when nursing mothers are given the compound

From the foregoing information I trust that the multitude advantages of this product are a little more obvious.

For our Wisconsin breeder (see MAILBOX) I hope this will help you to understand WHY this magnificent formula has worked so well for you!

HELPFUL HINTS

Dilute Rescue Remedy or Fear/Stress remedy with water, into a squirt bottle. Spray anywhere to help give the animals (& you!) a sense of calm.

Mist in grooming areas or shops; boarding kennels; runs; etc. to help calm males down when bitches are in season. Mist your van or moterhome en route to the show for those nervous or excitable travelers. Try it with "rescue" cases that can't be touched; nervous horses, cats, or birds.

You can play around with the strength of the dilution, depending on the situation. A good place to start is a small 6 to 8 oz. spray bottle--add 16 to 20 drops of remedy & fill with water.

HOLISTIC VET. NEWS

In the months to come I will be bringing you in depth studies on exciting holistic therapies that are being used by various holistic veterinarians , both from here and abroad. Many are having outstanding success with cancer, auto-immune disorders, hip dysplasia, arthritis, thyroid dysfunction, and the list goes on.

Many of these vets wish to share their successes with the "orthodox" community. It is heartbreaking to see so many animals suffer needlessly, endure so much pain and eventually be put to death--all when there (usually) exists a therapy that can give a complete cure.

The veterinarians can only practice what they know. Unfortunately most vets believe that once they have completed their formal "schooling" they "know" all that is available to know about treating animals. A very few in our country have come to realize that this is just the beginning of their rounded education.

WE can help further the education process!! Take a chance. Let your vet read a copy of our newsletter. Let him know that the American Holistic Veterinary Medical Association is out there and help is available. If we could all just get one vet to network and use a "holistic" therapy, wouldn't that be progress!!

* * * * * * * *

Many times techniques presented in veterinary journals are quite scientifically complex, while others are eloquently simple. Where necessary (or possible) I will try to unravel technical jargon and present it in laymen's terms for practical understanding. If I insult your intelligence with this simplistic language, I apologize.

In this issue I would like to report on one of the areas being researched and used by holistic vets such as Norman C. Ralston, D. V. M.

OXYGEN , OZONE, & HYDROGEN PEROXIDE

I don't think any of us has to be hit over the head to realize the importance of oxygen to any living thing. Most of you know that we are dumping Billions of tons of pollutants into our atmosphere every year.

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What you may not know is that we used to have 30% oxygen in the air (around the turn of the century) and now we have only 19%. In this country the overall average in urban areas is about 17% or less. In downtown Dallas it measured 11% at one time, and in Pittsburgh PA, it was once measured at only 9%.

No wonder anything that adds this vital substance to our bodies can be of great benefit! To understand just how some of the new therapies work we have to turn to what goes on at cellular level.

We have basically two types of cells:
A.) Animal cells that exist by oxidation (burning)
B.) Plant cells that exist by "glycolysis" (fermentation and break down of sugar).

Normal cells in animals can then be said to be "aerobic"--i.e. they live through oxidation (burning). Cells obeying the urge to survive but denied the oxygen they need, turn to "glycolysis" in their attempt to survive, and become a plant cell in an animal environment. The common name for this is CANCER!

Cancer cells can be said to be "anaerobic"--i.e. live without oxygen and breakdown of sugar.

Research has taught us that if we can successfully use a catalyst to get the cell back to oxidizing, it will no longer be a threat.

Dr. Koch in his book 'The Survival Factor in Neoplastic and Viral Diseases" explains how he utilized just such a catalyst and the results he achieved have been astounding.

He cured viral diseases as well as cancer using this method, including the always fatal disease of rabies.

From all this we know that aerobic bacteria are our friends and that anaerobic bacteria are our enemies.

We know that we have a hollow tube located in the center of our body called the GI tract. We know we burn (oxidize) fuel (food) in this tube to produce energy to run the body. We also know that the friendly bacteria in this tube helps us to burn the fuel we need to function and survive.

We also know we have unfriendly (anaerobic) bacteria in the GI tract. The trick is to keep the balance on the side of the good guys (aerobic).

Literature from Germany tells us that the GI tract is 40% more efficient than the lungs in putting oxygen (which is the healing agent) into the blood stream. If this is true, then supplying oxygen to the bowel has a two fold benefit:

- A.) It helps the friendly bacteria to survive.
- B.) Some is absorbed by the gut wall where it goes into the blood to help healing in any other place in the body, including the brain.

It is obvious that our oxygen needs are not being met. Several of the most common aliments now affecting all animals are directly related to oxygen starvation.

⇒ FACT: Chlorination of drinking water removes oxygen.
⇒ FACT: Cooking and overprocessing of our foods lowers their oxygen content.
⇒ FACT: Unrestrained antibiotic use destroys beneficial oxygen-creating bacteria in the intestinal tract. (Note: Anti = against, Biotic = life Antibiotic = against life)

At the conclusion of this segment I will give you some simple things that can be done to help the body absorb more oxygen. For now let me get on with some information concerning some fascinating work being done by holistic health professionals.

Hydrogen peroxide has recently received close attention from a few holistic vets, primarily for the benefits to be derived from application of this relatively simple substance .

Bear with me while I throw some basic chemistry mumbo jumbo at you--necessary to understand the importance of hydrogen peroxide.

In nature oxygen consists of two atoms (O_2)--a very stable combination. Ozone consists of three atoms of oxygen (O_3)-- a very unstable form of oxygen.

When we start combining hydrogen atoms with oxygen atoms we get such things as water (H_2O) or by adding one more atom of oxygen we get hydrogen peroxide (H_2O_2).

Because ozone isn't very stable, it will in fact quickly give up that extra atom of oxygen to falling rainwater. From the above we can see that adding one more atom of oxygen to water gives us hydrogen peroxide. It is this hydrogen peroxide in rainwater that makes it so much more effective than tap water. (i.e. the more oxygen the better).

So what's the big deal about hydrogen peroxide? Simply this: **the cells responsible for fighting infection and foreign invaders in the body (your white blood cells) make hydrogen peroxide and use it to oxidize (burn) any offending culprits!**

The intense bubbling you see when hydrogen peroxide comes in contact with a bacteria-laden cut or wound is the oxygen being released and bacteria being destroyed. This "Alka-Seltzer" effect is obvious to anyone when used externally.

The controversy surrounding hydrogen peroxide therapy arises from the "internal" use of the substance--both orally and by injection.

Supporters consider it one of the "greatest healing miracles of all time". Those opposed feel its ingestion is exceptionally dangerous and point to known cases of severe illness directly attributable to the MISUSE of ingested H_2O_2. The dispute has been going on for decades and considering the attitude of the "orthodox" community, it will continue for many more decades to come.

I can easily see why the opponents are concerned. Hydrogen peroxide is available in so many strengths and grades that is easy to misuse (from 3% Pharmaceutical Grade, through Beautician Grade ,Reagent Grade, Electronic Grade, Technical Grade, right up to the 90% strength used for rocket fuel--all dangerous or deadly, used internally).

The only grade that should be used for internal use is 35% Food Grade--and then only under direct supervision of an experienced health professional !! Proper dilution is mandatory.

We're just beginning to learn how it works. It was reported on as far back as 1920 where intravenous infusion was used in England to successfully treat a pneumonia epidemic following World War 1. In the 1940's Father Richard Willhelm reported on the compound being used extensively to treat everything from bacterial-related mental illness to skin disease and polio.

Much of the interest in hydrogen peroxide waned in the 1940's when prescription drugs came on the scene. In the last 25 years over 7,700 articles relating to hydrogen peroxide have been written in the standard medical journals. The number of conditions helped by hydrogen peroxide are astounding. The reported dangers and side-effects are few and often conflicting.

Most of us started on hydrogen peroxide shortly after birth. Not only does mother's milk contain high amounts of H_2O_2 , the first milk (colostrum) is even higher.

The ability of our cells to produce hydrogen peroxide is essential for life. H_2O_2 is not some undesirable by-product or toxin, but instead a basic requirement for good health!!

Research funding for this "miracle substance" is virtually non-existent. After all its non-patentable and worse yet, it's dirt cheap!

In our neck of the woods, (North America) there are a bare handful of "brave" veterinarians who have embraced its therapeutic use.

Dr. Ralston (backed by much scientific evidence) is of the opinion that 9 ounces of 35% food grade hydrogen peroxide diluted in 1,000 gallons of water, will prevent most animal diseases!!

He also has been successful in using Ozone to help in wound repair, as in the following "case report":

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A small female Poodle was presented after being attacked by a Chow. There were twenty one teeth puncture wounds from the back of the neck near the skull and over the rib cage. The left lung had been punctured and a small amount of air had escaped under the skin.

Experience has taught us to handle this type of case with a lot of care. Therefore, for the first hour, the animal received Rescue Remedy and Aconite 30C by mouth.

The animal then seemed fairly stable so we proceeded to clean the wounds externally with hydrogen peroxide. We then took a 60cc syringe filled with ozone and proceeded to push the ozone under the skin by injecting it into each of the twenty one puncture wounds while maintaining a slight pressure over the puncture wound of the lung.

Immediately, there was a noted pinking of the skin. Each of the teeth puncture wounds were sealed with Calendula Cream and the animal's body was placed in a body stockinette with a cotton pad arranged over the punctured lung to maintain slight pressure.

The wounds healed in record time and the dog suffered no further distress.

***

As promised, here are some things you can do at home to help your animals get more oxygen.

1) Consider a "raw" diet. (Yes Sam, including the meat!)
2) Add vitamin C--it helps fight infection by producing hydrogen peroxide in the system.
3) Vitamin E helps to promote tissue oxidization through the dilation of blood vessels
4) Stop using any chlorinated water.

Well thats it for our first issue gang. In coming issues I will be reporting on exciting news from the Sept.1994 Holistic Veterinarian Conference I attended in Florida.

Give all your puppies a belly rub for me !